

Science Brigham Young University  
College of Health and Human Performance  
Department of Exercises

**MS Degree in Exercise Science with Health Promotion Specialization**

Effective Fall 2008 – Last Updated May 2008

Application Deadline: FEBRUARY 1

Students graduating with this degree most often become employed as directors of corporate, hospital, and community-based health promotion programs. Some take teaching positions at community colleges and small state colleges, while others find employment in cardiac rehabilitation centers. This is a two-year program.

**ADMISSION REQUIREMENTS**

- A. Fulfill all requirements for admission to the BYU graduate school. (See the current University Catalog.)
- B. Graduate with a Bachelor's degree in Exercise Sciences or a related field, including courses in
  1. PDBio 220 Human Anatomy
  2. PDBio 305 Essentials in Human Physiology
  3. Stat 221 Principles of Statistics
  4. NDSF 100 Essentials of Human Nutrition
  5. EXSC 387 Lifestyle and Chronic Disease Prevention
  6. EXSC 410 Stress Management
  7. EXSC 455 Worksite Health Promotion
  8. EXSC 463 Exercise Physiology
  9. EXSC 480 Obesity and Weight Management
- C. Have a minimum GPA of 3.0 for the last 60 semester hours of undergraduate academic work.
- D. Achieve satisfactory scores on the GRE.
- E. Submit a letter of intent which includes the following:

**NOTE: Place "LETTER OF INTENT" at the top of your letter.**

1. Your preparation and background for applying to the Health Promotion specialization.
2. The special emphasis which you hope to pursue in your program.
3. The basic reasons for your choice of career.
4. Special qualities and talents that would enhance success in your particular career.
5. Research interests.
6. Your professional goals.
7. Your particular reasons for applying to Brigham Young University.
8. The specific duration for accomplishing your graduate degree.
9. (Optional) Any specific circumstances or objectives you wish to have taken into consideration.

**Course Work**

To qualify for a Master of Science degree, you must complete a minimum of 24 semester hours of credit, plus 6 hours of thesis, with a GPA of 3.0 (B or better). With the approval of the advisory committee and the graduate coordinator a limited number of 300 – 400 level courses may be included in the program of study. All course work must be approved by your advisory committee and graduate coordinator. Students who select a historical study for their thesis are required to take a course on historical research and writing.

During the first semester, each graduate student will enroll in EXSC 691—Graduate Seminar. A review will be made of your undergraduate preparation and competency in the areas of writing ability and computer use. You will be required to remove any deficiencies or weaknesses

**EXERCISE SCIENCE CORE - 12 credit hours:**

EXSC 630	Research Methods (3)
EXSC 631	Research Design (2)
EXSC 691	Seminar (1)
EXSC 699R	Thesis (6)

**REQUIRED CLASSES - HEALTH PROMOTION SPECIALIZATION -  
Select a minimum of 18 credit hours from the following  
as approved by your advisory committee:**

EXSC 599R	Practicum (3)
EXSC 661	Advanced Worksite Wellness (3)
EXSC 666	Exercise Physiology (3)
EXSC 667	Lab Methods and Procedures (2)
EXSC 669	Exercise, Testing, and Prescription (2)
EXSC 671	Advanced Lifestyle and Chronic Disease Prevention (3)
EXSC 673	Advanced Obesity and Weight Management (3)

**ELECTIVES:** None

**TOTAL:** 30-31 credit hours  
(not including pre-requisites or deficiencies)

***Fall admittance is recommended  
for proper class sequencing***